

# Self Care in Spring



Presented by  
Bernadette Sutherland - Counsellor/Meditation Facilitator  
[www.hih.net.au](http://www.hih.net.au)



# Welcome to Self Care in Spring Workshop

**Spring** is a beautiful season. It is filled with life, colour and new beginnings. Trees grow their new leaves, the flowers are blossoming, the sky is blue, the days are longer and our energy is brighter. The clothes on the line dry quicker, the birds sing longer, the insects are a big part of our life. Let's spring back to life - just like the season Spring!

**Let's feel good!**

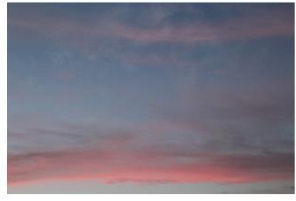
*Let's fill our days with colour and new beginnings!*

**Let's love ourselves on a deeper level!**

*Let's smile more and show others how to smile too!*



**Life is like a camera, let's focus on what's important and capture the good times, develop from the negatives, and if things don't work out, just take another shot.**



What are the signs and symptoms of "poor self care"

---

---

---

---

---

---

---

---

---

---

What are signs of "good self care"

---

---

---

---

---

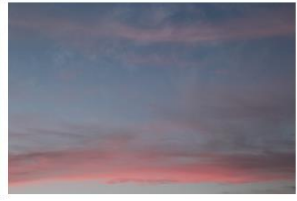
---

---

---

---

---



## Inner Growth (changing my inner world)

Most of us find it difficult to love ourselves for many reasons and unfortunately one of the biggest reasons is that we identify ourselves based on our life experiences and the pain it causes us.

We lose sight of who we are and get caught up in the dramas of life. Life was meant to be lived, not to exist. Life wasn't designed to be perfect it was designed to be experienced. "Pain is inevitable, misery is optional" when we understand this on a deeper level, we understand that life at times will hurt us, and that our pain is the one thing that grows us.

We can only grow when we take a journey into our inner world. When we can look within and change our inner world, our outer world automatically changes.

Simple changes in our attitude can change our inner world. When we can challenge our core beliefs and conditioning, we are changing our inner world. When we open our hearts to self and others, we are changing our inner world. Knowing yourself is the beginning of all wisdom. Some of the qualities that can grow our inner world are:

Love  
Compassion  
Kindness  
Patience  
Understanding  
Simplicity  
Courage  
Appreciation  
Contentment  
Communication  
Trust

Honesty  
Wisdom  
Insight  
Respect  
Self Confidence  
Gentleness  
Knowledge  
Generosity  
Silence  
Flexibility  
Openness

Maturity  
Strength  
Tolerance  
Cheerfulness  
Harmony  
Creativity  
Serenity  
Positivity  
Balance  
Peace  
Acceptance



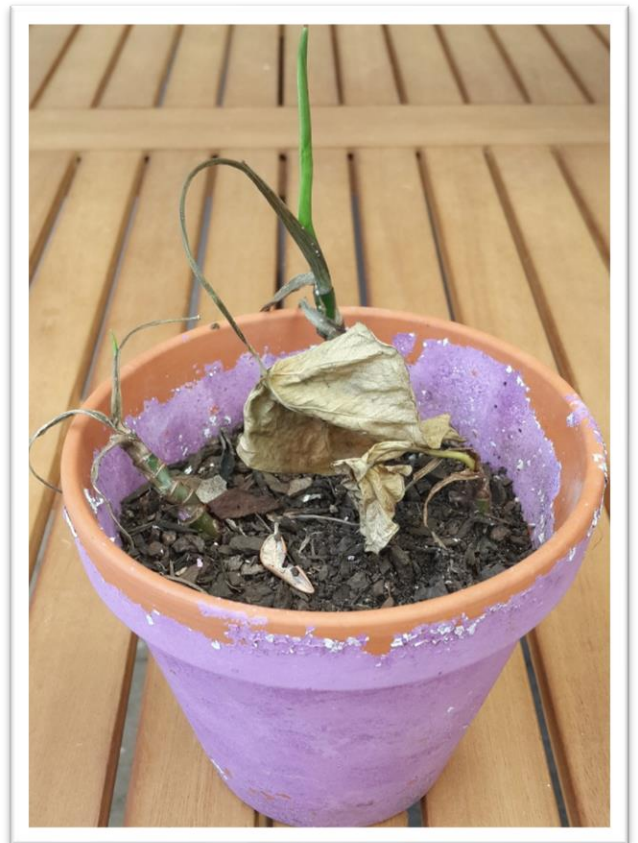


## Poor Self Care

Symptoms and signs of poor self care are:

- Worry
- Low energy.
- Headaches
- Upset stomach, including diarrhoea, constipation and nausea
- Aches, pains, and tense muscles
- Chest pain and rapid heartbeat
- Insomnia
- Frequent colds and infections
- Loss of sexual desire
- Stress
- Relationship issues
- Tiredness/fatigue
- Depression
- Anxiety

**Have you ever felt like this?**





## Simple Self Care

Many people believe that they must take care of others before they take care of themselves. Even though taking care of others is important, taking care of yourself is as equally important.

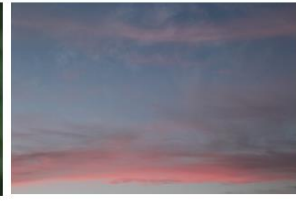
The secret of being happy is accepting where you are in life and making the most out of every day. This includes taking care of your wellbeing; including your mental, physical, psychological, emotional and spiritual wellbeing.

Some of the simplest steps you can take for self care are:

- Healthy eating
- Regular exercise
- Lots of sleep
- Time Management
- Meditation/Relaxation/breathing exercises
- Yoga/stretching
- Start your day with a healthy breakfast
- Laugh out loud
- Be kind to yourself
- Challenge your thought process
- Be open to change

**Would you like to  
feel like this?**





© PhotoBonito.com

## The Four Agreements

by Don Miguel Ruiz

### Be Impeccable With Your Word

Speak with integrity. Say only what you mean.  
Avoid using the word to speak against yourself  
or to gossip about others.

Use the power of your word in the direction of truth and love.

### Don't Take Anything Personally

Nothing others do is because of you.  
What others say and do is a projection of their own dream.  
When you are immune to the opinions and actions of others,  
you won't be the victim of needless suffering.

### Don't Make Assumptions

Find the courage to ask questions  
and to express what you really want.  
Communicate with others as clearly as you can  
to avoid misunderstandings, sadness, and drama.  
With just this one agreement,  
you can completely transform your life.

### Always Do Your Best

Your best is going to change from moment to moment;  
it will be different when you are healthy as opposed to sick.  
Under any circumstance, simply do your best,  
and you will avoid self-judgment, self-abuse, and regret.

© PhotoBonito.com



## Self Soothing for Self Care

The goal with self-soothing skills is to comfort yourself emotionally by doing things that are sensually pleasant and, most especially, not harmful. At the same time, focusing your full attention on sensory inputs — on what you are physically experiencing in the moment (mindfulness) usually will get people outside of their own heads (and away from troubling thoughts, feelings, and impulses).

The skills and techniques listed below are a starting point only. Everyone has to find what works for them, and it may be things that are not on these lists.

### Self Soothing With vision

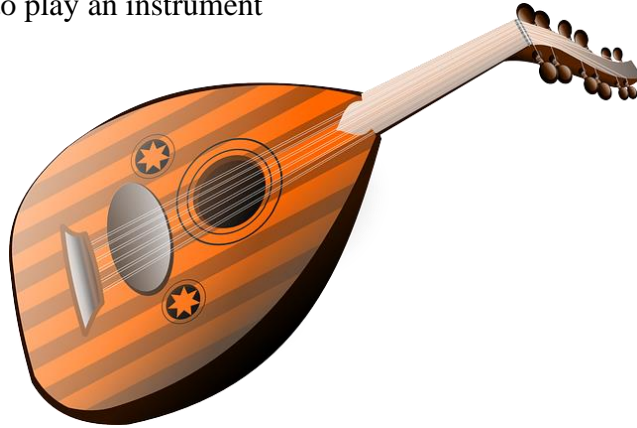
- Buy flowers or pick one from the garden
- Make one space in a room look bright and pretty
- Light a candle and watch the flame
- Set a pretty place at the table for dinner
- Go to an art museum and admire the creativity of others
- Look at all of nature around you
- Go out at night and watch the stars
- Walk in a pretty part of town or a botanical garden
- Watch your favorite movie
- Be mindful of each sight that passes in front of you





## Self Soothing With hearing

- Listen to beautiful or soothing music, or to invigorating and exciting music.
- Pay attention to the sounds of nature (waves, birds, rainfall, leaves rustling) or listen to CD's of nature sounds
- Sing your favorite songs out loud
- Hum a soothing tune
- Learn to play an instrument



## Self Soothing With smell

- Wear your favorite perfume, or try them on in the department store
- Spray fragrance in the air
- Light a scented candle or incense
- Boil cinnamon
- Bake cookies, cake, or bread
- Smell the roses or flowers
- Walk in nature and mindfully breathe in the fresh smells of nature



## Self Soothing With taste

- Have a healthy meal
- Have your favorite soothing drink such as herbal tea or hot chocolate (no alcohol)
- Treat yourself to your favorite dessert or cake
- Suck on a piece of peppermint candy
- Chew your favorite gum
- Treat yourself to your favorite meal
- Eat chocolate (not too much)
- Really taste the food you eat, eat mindfully



## Self Soothing With touch

- Have a bubble bath or long warm shower
- Put clean sheets on the bed
- Pat or cuddle your dog or cat
- Have a massage
- Soak your feet
- Put creamy lotion on your whole body
- Put a cold compress on your forehead or wrap your face in a very warm, damp facecloth (wonderfully relaxing)
- Sink into a really comfortable chair in your home
- Put on a silky blouse, dress, or scarf
- Hug someone
- Experience whatever you are touching; notice touch that is soothing





# Meditation for Self Care

## Bernadette's Definition of Meditation

*Meditation is an ongoing practice of moment-to-moment experiences that cultivate an inner peace, aiming to go beyond thought and into awareness (restful alertness)*

There are endless benefits to meditation. The benefits are only experienced through practice, not through knowledge, therefore one **MUST** practice to reap the rewards. Meditation is now recognised in the medical model of healing psychological and physical illnesses. Make the time to meditate **TODAY!**

## Some of the Benefits of Meditation:

- Reduces stress
- Decreases muscle tension and pain
- Reduces levels of anxiety
- Creates inner peace and happiness
- Increases motivation and confidence
- Increases creativity
- Increases self awareness
- Helps us feel grounded
- Promotes mindfulness
- Develops intuition
- Improves relationships at home and at work
- Improves the relationship you have with yourself
- Increases your ability to solve complex problems
- Develops emotional maturity





## Relaxation Exercise

Find a quiet and comfortable position either sitting up or lying down. Wear comfortable clothing, nothing too tight. Once you have found that relaxing position then close your eyes.

Concentrate on taking 3 deep breathes, then return to normal breathing, feeling calm and relaxed.

On the out breathe; say the word “relax” in a gentle voice or in your mind. Do this several times as you feel yourself becoming more relaxed.

Try and imagine a beautiful scene, somewhere where you will feel relaxed. E.g. laying on the beach listening to the waves crashing in or sitting on top of a hill admiring the beautiful views, the green grass, the birds singing, and the sun shining bright. Continue to breathe and imagine the scene of your choice several times.

When you have reached the point of relaxation, take a slow deep breathe, open your eyes, stretch your body and when you are ready get up slowly.

Practice this technique whenever you are feeling anxious, stressed or for relaxation. .

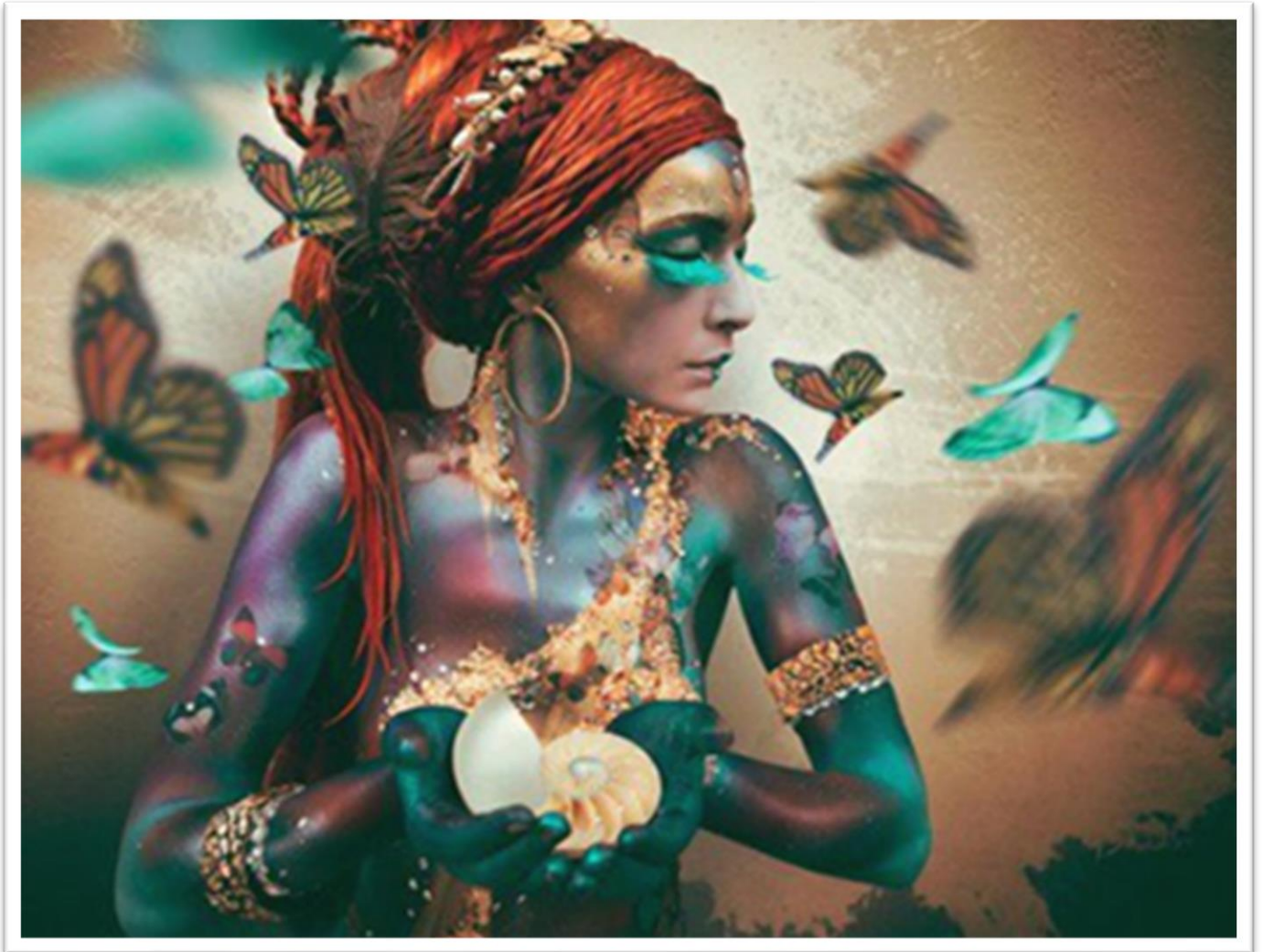
By Bernadette Sutherland





# You deserve it.

I choose to make a conscious effort to take care of myself today!



Picture - by Chakra Dance

***When I realise the TRUE SELF and experience it,  
automatically I experience PEACE!***

*By Brahma Kumaris*